



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 7 - Mediumship Mini S3 Ep 7

Hannah Macintyre: Hello! It's me, and I'm back with another Mediumship Mini! That intro didn't quite work, did it? But hey, I tried! 😊

Funny enough, I just recorded tomorrow's episode, which turned into a bit of a rant, and now I feel so much lighter! So, let's dive into today's question, which comes from Lee.

Lee writes:

👉 Hey Hannah, congrats on the podcast! You thoroughly deserve it. Your hard work is so bloody appreciated, so thank you! (Yay, thank you, Lee!)

👉 I have a couple of questions. First, I struggle to connect with spirit when I'm alone because my mind is very fast-paced. But when I'm around certain people, I find it much easier. Every time I listen to you, I can feel and connect with my guides. I can hear them in my mind's eye. I know after listening to the podcast, I always have a lovely connection. Why can't I seem to do this when I'm alone? And when I do, the messages come so fast, I miss them!

Such a great question—let's unpack it!

### Fast-Paced Minds & Spirit Connection

Lee, I completely relate to this! I also have a super active mind. When I first started, it absolutely felt like a hindrance. But now? I've come to see it as one of my superpowers!

Here's why:

- When I demonstrate, my fast mind helps me work quickly.
- It allows me to deliver more evidence and get through more spirits.
- It keeps the energy high and dynamic.

So, first of all—you are not broken. You are built exactly as you need to be for this journey.

I suspect that when you listen to my podcast, it pumps you up. Maybe it reassures you that it's okay not to have all the answers. Maybe it reminds you that mediumship isn't perfect and that mistakes are part of the process.

I've noticed this myself! After I've had a reading with an incredible medium, or even after interviewing someone like TJ Higgs, my own evidence and connection improve. Why? Because when we sit in aligned energy, we naturally expand.

So, if you're struggling to connect alone, the issue might not be your ability—it could be your self-belief.

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## The Mediumship Triangle: Alignment Matters

Let's revisit the mediumship triangle:

- Spirit (top)
- Sitter (bottom left)
- Medium (bottom right)

For mediumship to work, all three must be aligned.

- Spirit is always aligned.
- The sitter must be open and receptive.
- The medium must trust what they receive.

Your biggest challenge isn't receiving the messages—it's believing in what you're getting.

So, my advice? Go for it! If you receive something quickly, don't question it. Just accept it.

👉 Instead of "Was that now or wow?", just go with "Okay, it was now. What does now mean?"

If it's wrong, spirit will course-correct. They're not going to say, "Oh no, Lee got it wrong—cut him off forever!" 😊 If you see a bog brush instead of a spanner, spirit will make it work.

Trust yourself. The only thing blocking you is you. And you're not alone in that—we all struggle with self-doubt!

## Connecting with Animals & Nature

Lee's second question: 🍌 I have a very strong connection with animals, but not so much with human spirit. I believe we are all one, but I feel most comfortable with animals. Do you know of any mentors who specialise in animal communication? Also, is this a psychic connection or spirit communication?

Lee, I love this question!

Here's my take:

- Animals operate at a pure, high-frequency energy.
- They communicate in a way that is both psychic and spiritual.
- They don't bring human ego, skepticism, or emotional baggage into the connection.

That's why connecting with animals often feels easier and more natural.

For example, one of my spirit guides presented as a fox for years. Even now, I associate foxes with that guide and with spirit itself.

I think that's what's happening for you, Lee. You're naturally attuned to the frequency of animals.

## Why Are Animals Easier to Read Than Humans?

Simply put—animals don't care if you get it wrong!

- Humans bring a heavy layer of expectation to readings.
- Sitters often sit there with a "Prove it" energy.
- Animals? They just exist in pure connection.

You don't have to battle through resistance, skepticism, or expectation—so the energy is much clearer.

And let's be honest—humans can be exhausting! 😊

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## Finding a Mentor for Animal Communication

I personally don't specialise in animal communication—not because I don't believe in it (I do!), but because I focus on evidential mediumship and spirit guides.

However, I highly recommend Lynn Parker, who was a guest on this podcast! She's an amazing animal communicator, and I think you'd really resonate with her.

## Final Thoughts & Takeaways

### 🌟 Key Lessons from This Episode:

- Your fast-paced mind is a strength, not a weakness! It helps you work efficiently and dynamically.
- The issue isn't your connection—it's your self-belief. Trust what you receive, even if it's quick.
- The mediumship triangle must be aligned—spirit is always ready, but you need to trust yourself.
- Animals communicate on a pure, high-frequency level. They don't bring scepticism, which makes the connection clearer.
- If you're drawn to animal communication, follow it! It might be part of your unique spiritual path.

Lee, I hope that helps! And if you want to dive deeper into mediumship, check out my courses and mentorship programme at [www.hannahmedium.co.uk](http://www.hannahmedium.co.uk).

If you enjoyed this episode, please leave a review and share it!

Until next time—keep shining your light! ✨

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